



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Jäger, Rune

Club: Emmerthal

Number: 438

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 59:42

Speed: 9.05 km/h

Running performance: 6:07 min/km

Rank in course/Total: 110 (of 149)

Rank in course/Men: 86 (of 105)

Best time in course: 32:58

Rank in category: 11(of 13)

Best time in the category: 36:48

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	18:26	5:40	10	6:29	81	8:11	3.25	18:26	5:40	11	6:29	88	8:11
Lap 2	3.25	19:38	6:02	9	7:18	79	7:51	6.50	38:04	5:51	11	13:47	86	13:19
Last lap Finish	3.25	21:38	6:39	13	9:07	95	13:25	9.75	59:42	6:07	11	22:54	87	26:44